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CAN'T HOLD
THEM BACK
PUBLIC ENEMY
STILL AT IT {pages 16, 17}

MOMMA MORISSETTE EXPECTING GET THE DISH {page 20}



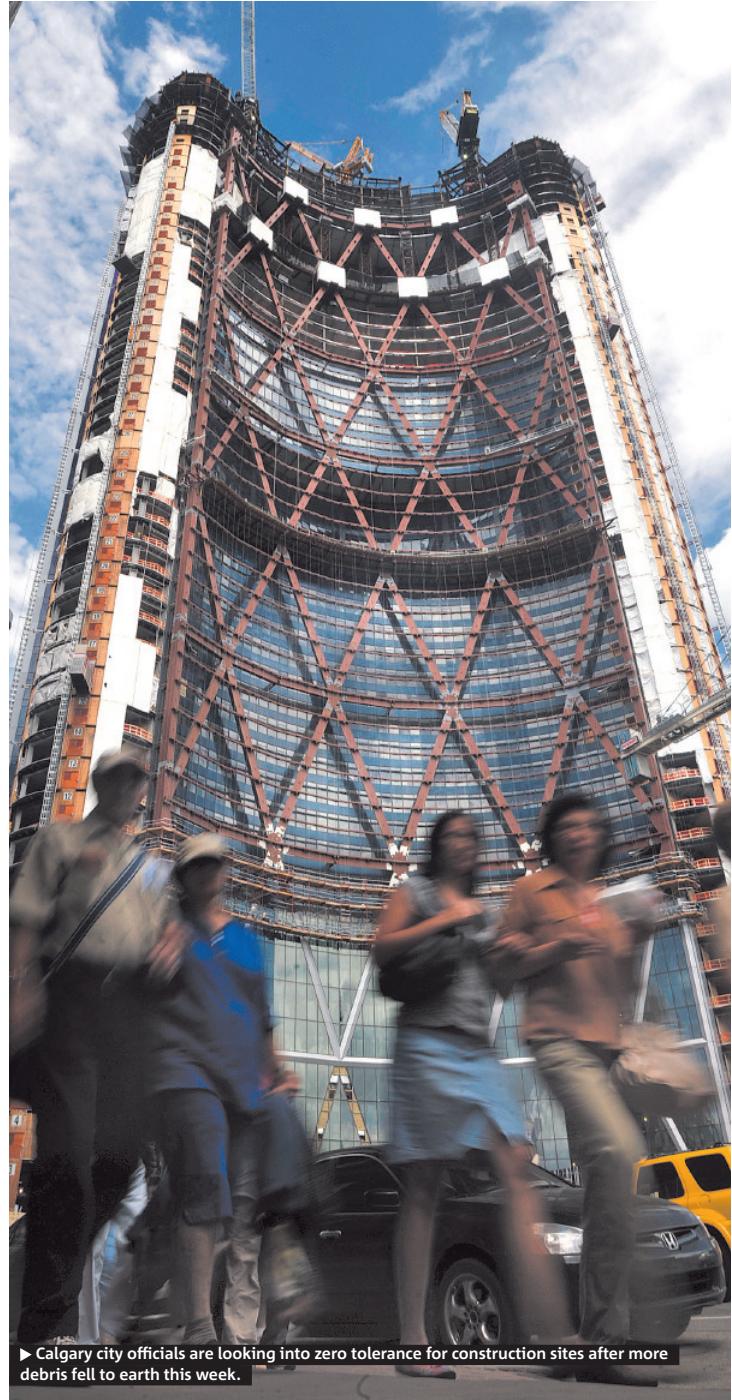
CALGARY

metro®

Thursday, August 12, 2010
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How to halt debris free fall?

► Michelle Krsek, 3, was killed a year ago by a piece of metal from an overhead site ► There are plans to commission a wind-data study to build an alert system



PETER MCCARTNEY
CALGARY@METRONEWS.CA

Calgary officials are hoping that by looking to other cities, they can find ways to prevent debris from falling at downtown construction sites before anyone else is hurt.

The city continues to investigate the latest incident at Eighth Avenue Place Tower, where on Tuesday a piece of construction debris fell and hit a parked SUV. Meanwhile, it is currently in the process of a review to find solutions to the issue.

Calgary's senior special project co-ordinator said the city is looking at different options to prevent future incidents.

"We've looked to see how other juris-

"Ultimately, we'd like the industry to just stop this from happening."

MARCO CIVITARESE, CITY SPECIAL PROJECT CO-ORDINATOR

dictions are dealing with it," said Marco Civitarese, noting clear direction should come in the next six months.

Civitarese said one possible solution may be shrouding, which would involve encompassing a building from head to toe to catch debris.

Meanwhile, EllisDon is complying with a stop-work notice put in place by the city yesterday, according to Civitarese.

"We're still looking into the hows and the whys (of that incident)," he said.

Britain

That Canuck is no Yankee

► British Olympic guide ahead of 2012 Games warns against mistaking Canadians for Americans ► Says Canadians can be overly sensitive about national identity {page 5}

Census saga continues

Tories lied about change, opposition charges {page 6}

Transit safety top of mind

Outside experts sought for C-Train review {page 3}



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New bins, but recycling still cool

Ever wonder where the bright blue "Recycle! It's Cool" bins went? They're going, going, nearly gone.

Last summer, city staff launched a pilot recycling program that sent 39 older, repainted trash cans into the downtown core for beverage container and newspaper recycling.

"The program seemed to be working," said Maggie Thompson with Calgary Parks. However, bins began getting trashed and resi-

dents expressed "aesthetic concerns," so officials began phasing out the blue bins to bring in more expensive, more attractive, two-bin systems.

One bin is for beverage containers, while the other is for garbage or newspapers, depending on the site, said Thompson.

Last September, the city purchased eight two-bin systems, each costing several hundred dollars.

"We hope to purchase

another eight in 2010, but we're still waiting on the budget," she said, adding that their hope is to acquire eight additional systems every year.

Systems can be found in Chinatown, Tomkins Park, and Olympic Plaza, although Eau Claire and Promenade might still sport some of the blue It's Cool! Bins.

"They tend to disappear," Thompson added.

• BRETT EHALT



BRETT EHALT/FOR METRO CALGARY

► A Calgarian using one of the city's new recycling bins in the downtown core.

Calgary Transit steps up on safety

Calgary Transit has requested safety review from American Public Transportation Association

 KATIE TURNER
KATIE.TURNER@METRONEWS.CA

Following the death of a toddler killed by a C-Train earlier this summer, Calgary Transit is looking to improve platform safety.

In addition to asking for an American panel to audit their safety, Calgary Transit has placed 80 decals on city platforms reminding customers to stand back of the yellow line.

"Trains are not anything to mess around with and we just want people to be safe," said Theresa Keddy of Calgary Transit.

Keddy said they are also making an online safety video to educate riders.

While a date has yet to be set for the review to begin, Keddy said she hopes the panel comes to Calgary in the near future.

"If there's anything that we could be doing better then we want to know and see what we can do to improve."

TERESA KEDDY,
CALGARY TRANSIT

Calgary Transit is also scheduled for their regular three-year audit of management practices this fall by the American Public Transportation Association.

Transit customer and mother Rachel Taft said she has noticed safety improvements recently and isn't worried about bringing her children around the C-Train.

"It's just about holding their hands and telling them 'This is a very dangerous object and you're going to get hurt,'" she said.



► Calgary Transit has placed decals, like this one seen at Chinook Station, around the city's platforms.

Fresh food in a fresh location

Calgarians won't be without locally produced products for long, as the Calgary Farmers' Market broke ground on their new southeast location yesterday.

Located just off of Blackfoot Trail, the market will be 10,000 square feet larger and will have about 90 vendors, 15 of which are new.

"We're sticking very true to the make it, bake it, grow it, Alberta production," said general manager

4 The number of years the Calgary Farmers' Market has been open at its current location in the Currie Barracks.

er Ken Aylesworth.

Aylesworth said that about 80 per cent of the existing vendors will move to the new location, which is set to open on Feb. 4, 2011.

• KATIE TURNER



News in brief

Cause of fire still unknown

CRANSTON. Fire officials completed investigations into two fires from last week and determined that the cause of the two-alarm fire that devastated three houses in the community of Cranston is undetermined.

The fire started in a

closet where a bare light bulb heated combustibles in contact with it.

All hail the historic storm

WEATHER. Calgary's July 12 super-sized hailstorm has made history. The storm has set in motion 55,000 claims totalling around \$400 million, making it the most expensive storm to date, says the Insurance Bureau of Canada. • METRO CALGARY



News on the move

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SpinDoctor on the dying gasps of what's left of the Reform Party. More at metronews.ca/blogs

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Experts worry breakup of giant ice island could wreak havoc on shipping lanes. Scan code for story.

INVESTIGATION

Statements received in shooting

RCMP officers involved in a fatal shooting in Kamloops, B.C., have issued their statements to the Calgary police officers in charge of the investigation.

Acting Staff Sgt. Rick Tuza said the RCMP officers' statements have helped to clarify why they took the

actions they did before the death of Wilbert Douglas Bartley, 50.

Tuza said investigators are now trying to understand what prompted Bartley to ram his Toyota 4Runner into the unmarked RCMP van.

"Mr. Bartley took actions that prompted all this so we need to sort out why he took those actions," said Tuza.

"Then it's a matter of putting all the information together."

• KATIE TURNER

Plan rewards pet owners

Do you heart your pet? Do you heart rewards programs?

Then the city's five-month-old "I Heart My Pet" rewards program is the way to your heart, says city bylaw director Bill Bruce.

The rewards card helps pet owners who license their animals receive perks at various services such as hotels and restaurants.

"I Heart My Pet" rewards



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cards are being mailed out to cat and dog owners with their pet's yearly licensing renewal forms.

• KRISTA SYLVESTER

Search for dead hiker halted

Crews have called off the search for a Calgary man killed while hiking in Kananakis Country for a second time due to poor weather. Crews will try to find James Hoshizaki's body again this morning depending on the conditions. • METRO CALGARY

Cops mum on infant's death

Police continue to remain tight-lipped regarding the death of a young infant earlier this week until an autopsy is completed.

Reports say the child was a male just under a month old and had a young mother.

• METRO CALGARY

Month of Ramadan begins for Muslims

► Moavia Umar says his prayers on the first day of Ramadan at Calgary's Baitun Nur Mosque. During daylight hours in Ramadan, Muslims refrain from eating, drinking, smoking and sex, among other activities.

► About 1.4B Muslims worldwide will be observing Ramadan this month

PETER MCCARTNEY
CALGARY@METRONEWS.CA

Calgary Muslims yesterday marked the first day of Ramadan, the holy month in Islam where adherents abstain from most activities in which things enter or leave the body.

While Muslims across the globe observe Ramadan together in the same way, Muslim youth in western countries have a unique experience in observing the holiday.

"(My friends) always ask me questions and I love explaining to them everything and they always seem very interested," said Sumaiya Huq, an active member of Mount Royal University's Muslim Students Association.

She said the point of Ramadan is not necessarily just the fasting, it's to practise self-control in your everyday conduct, including refraining from talking behind others' backs or lying.

NOUMAN MALIK, MUSLIM STUDENT AT MOUNT ROYAL UNIVERSITY

talking behind others' backs or lying.

"There are times when controlling yourself may be quite difficult ... but at the end it feels good," said Huq.

She said having other Muslim friends and community members observing with her makes Ramadan easier and more fun.

"If a lot of Muslims are participating with me, then it's more like a celebration all the time."



► Taste of Calgary producers Sue and Dave Van Aalst have been bringing the food festival to Calgary for 14 years.

Taste of Calgary tempts palates**Festival Plaza**

► Kickoff Taste of Calgary kicks off today and runs until Sunday, from 11 a.m. to 5 p.m. at Festival Plaza in Eau Claire.

and most samples run between four and five tickets at 45 different food and beverage companies.

Tasters can also buy a

20-ticket taste pack for \$15 to make sure they get a bite of everything, from murgh malai tikka to pudin de banana.

"We have a really good lineup on the stage, too. This is a great chance to sample Calgary's bands for free," added Van Aalst.

Van Aalst said 52,000 attended last year and this year they expect up to 70,000. • BRETTE EHALT

Looking for another reason to get excited about the 2011 IKEA Catalogue?

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THE CANADIAN PRESS



► British tourism workers urged to keep an eye out for Maple Leaf pins.

Canadians overly sensitive about identity?

► Britain's national tourism agency says Canadians are easily offended when mistaken for Americans

New guidelines from Visit-Britain ahead of the 2012 London Olympics warn Canadians can be overly sensitive, especially about their national identity.

Seeking to help the country's sometimes snarky citizens offer a warmer welcome, the tourism bureau has updated its advice for anyone likely to work with travellers arriving from overseas — from hotel staff to taxi drivers.

Canadian tourists are likely to be annoyed about being mistaken for Americans, the guide suggests, and urges workers to keep

Tips for Brits

VisitBritain offers advice for tourism workers ahead of 2012 London Olympics:

- Hold off from hugging an Indian.
- Brush off common Argentine jokes about a person's weight or clothing.
- Don't be alarmed if the French are rude.

an eye out for Maple Leaf pins or badges on tourists' clothing.

About 30 million people visit Britain each year, spending about 16.6 billion pounds (\$27 billion). The 2012 Olympics is likely to bring in an additional 2.1 billion pounds (\$3.4 billion) in tourism revenue, according to a government estimate, and about 320,000 extra visitors from overseas during the games in July and August 2012.

And Americans? They can appear "informal to the point of being very direct or even rude," and won't ever hesitate about complaining.

THE ASSOCIATED PRESS

MANHUNT CONTINUES

Fugitive suspected of robbery

The manhunt for a fugitive from Arizona and his fiancee shifted from Montana to Arkansas after they were suspected of holding up a beauty supply store there yesterday morning, the U.S. Marshal's Service said.

A couple who robbed Kut and Curl beauty salon in Gentry, Ark., fits

the description of John McCluskey and his fiancee, Casslyn Welch, said David Gonzales, the U.S. Marshal for Arizona. The town is nearly 2,575 kilometres from where the pair was last spotted.

The Benton County Sheriff's Department said it is investigating the robbery, but U.S. Marshals there haven't positively identified the couple. McCluskey, 45, and Welch, 44, have eluded capture since he and two other inmates escaped from an Arizona prison on July 30.

Britain digs up ancient dwelling

Archaeologists have uncovered the site of Britain's oldest house, the waterside home of nomad hunters dating back about 11,000 years. The dwelling predates the country's famous Stonehenge monument by around 6,000 years and was built at a time when Britain was still connected to continental Europe.

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AMVIC LICENSEE

News in brief**Ship fired first: Israeli chief**

JERUSALEM. More force should have been used to clear a ship's deck before the deadly May raid on a pro-Palestinian flotilla, Israel's army chief said yesterday, claiming that some of the Turkish activists on board had guns and opened fire first, in the most detailed account of the incident.

The army chief said an Israeli commando was shot in the stomach as he rappelled down to the Mavi Marmara, forcing him to return fire.

THE ASSOCIATED PRESS

China searches for survivors

ZHOUQU, CHINA. Heavy rains lashed a remote section of northwestern China as the death toll from weekend flooding that triggered massive landslides jumped to 1,117, although the fat-

ing hopes of rescuers got a boost yesterday when a survivor was found in the debris.

Local officials were cited as saying at least 627 people were still missing.

The National Meteorological Center warned there was a "relatively large" chance of more landslides in the coming days, as heavier rain was expected for Friday.

THE ASSOCIATED PRESS

Charge added in fake cancer case

MILTON, ONT. A woman accused of faking terminal cancer and taking money raised to help her is facing another fraud charge.

Police allege Ashley Kirilow, of Burlington, Ont., pretended to have cancer to raise money she promised to give to charity, but kept the cash for herself.

She was facing three counts of fraud under \$5,000, but Halton police said she is now also charged with one count of fraud over \$5,000.

THE CANADIAN PRESS

Tories lied about census: Opposition

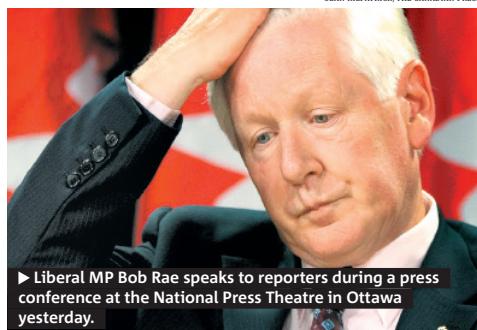
► Tories have defended scrapping mandatory census on account that jail time for non-compliance is unrealistic

Opposition parties say newly released documents prove the Conservative government lied to Canadians about controversial changes to the census.

Liberals and New Democrats say the documents show Statistics Canada feared unreliable data would result from the government's decision to replace the mandatory long-form census with a voluntary survey.

That's contrary to Industry Minister Tony Clement's claim that StatsCan was comfortable with the change.

Liberal MP Bob Rae said the Tories are "scrambling by the seat of their pants" and should just admit scrapping the mandatory survey was a mistake.



► Liberal MP Bob Rae speaks to reporters during a press conference at the National Press Theatre in Ottawa yesterday.

"They should just stop digging themselves further into the hole."

NDP Leader Jack Layton says Clement lied and should have been moved out of his post during last week's cabinet shuffle.

Layton says he'll try to

forge a common front among opposition leaders.

Papers released Tuesday revealed that the former head of StatsCan, Munir Sheikh, wrote in a speech that a voluntary survey would not be as useful as the current mandatory

Census changes

The Harper government has blinked in the face of a challenge to its controversial census changes.

- Industry Minister Tony Clement announced yesterday that the government will add three linguistic questions to the mandatory short-form census.
- It is also dropping the threat for jail for people who do not complete any mandatory government survey.
- The moves come after a court challenge by a francophone group which argues the changes violate their Charter rights and the Official Languages Act.

form. Sheikh resigned before delivering the speech.

THE CANADIAN PRESS

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MEDICAL TOURISM

Travellers boosting a superbug

People travelling to India for medical procedures have brought back to Britain — and Canada — a new gene that allows any bacteria to become a superbug.

British scientists are warning this type of drug resistance could soon appear worldwide.

Experts say the booming medical tourism industries in India and Pakistan could fuel a surge in antibiotic resistance, as patients import dangerous bugs to their home countries.

The superbug gene, which can be swapped between bacteria to make them resistant to most drugs, has been identified in 37 people who returned to Britain.

The gene has been detected in Australia, the U.S., the Netherlands and Sweden.

THE ASSOCIATED PRESS

Fires to stir dust from Chernobyl?

Wildfires are threatening to stir radioactive particles left over from the 1986 Chernobyl nuclear disaster back into the air over western Russia.

Officials have boosted patrols to keep fires from contaminated areas.

Experts say the dust could be harmful although doses would be small.

THE ASSOCIATED PRESS

Seven will decide fate of Khadr

Seven U.S. military officers will decide Omar Khadr's war-crimes case in Guantamano Bay.

The seven were seated after eight other potential jurors were excused after challenges.

Among those who will judge Khadr is a captain who says Guantamano Bay should be closed.

THE CANADIAN PRESS

Who'll buy diamonds steeped in blood?

- Zimbabwe begins selling cache
- Groups say 200 died near mine

Zimbabwe has begun selling hundreds of thousands of carats of diamonds with a bloody history.

The diamonds were mined from an area where rights groups say soldiers killed 200 people, raped women and forced children into hard labour.

Heavily armed police and soldiers guarded vaults built at the main Harare airport, where several private jets brought buyers from Israel, India, Lebanon and Russia.

Investigators for the world diamond control body said last year the gems were mined at the Marange diamond fields by virtual slaves who had been told to dig or die.

The gems were smuggled out by soldiers who allegedly raped and beat civilians.

Human Rights Watch

True or false?

Zimbabwe accuses rights groups of "peddling falsehoods" over the diamonds.

- 1 No estimated value was given for the stones, though unofficial estimates range up to \$2 billion.
- 2 The bounty from the sale would be a massive boost for Zimbabwe's ailing economy.
- 3 The profit would represent about one-third of the southern African country's national debt.

says children as young as 10 were forced to work up to 11 hours a day.

THE ASSOCIATED PRESS

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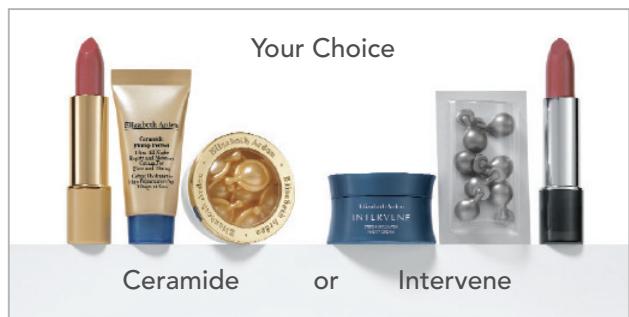
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Trade deficit a symptom of slowdown

► U.S. trade deficit also up ► Toronto and New York markets fall ► Fears grow of double-dip recession

Falling exports and higher trade deficits in Canada and the United States in June are sending a warning that the global recovery is slowing faster than policy-makers anticipated, according to analysts commenting yesterday on the latest trade figures.

Canada's monthly trade deficit came close to doubling to \$1.13 billion during the month, as exports fell 2.5 per cent.

Meanwhile, the U.S. recorded its worst trade month in almost two years, as the deficit ballooned 19 per cent to \$49.9 billion, and exports fell 1.3 per cent.

Even China, counted on

\$1.13B Canada's trade deficit for June, almost double the deficit in May.

to lead the world out of the slump, reported yesterday that its industrial rebound slowed further in July, after braking somewhat in the previous three months.

The triple whammy of negative news, combined with a warning from the U.S. Federal Reserve on Tuesday that the recovery was weaker than expected, sent global markets spiralling lower.

The Toronto and New York stock exchanges were

both down over 250 points Wednesday — more than two per cent — and the Canadian dollar fell more than a cent to 95.67 cents US.

While trade numbers can be volatile, economists say the broader trend line across indicators is pointing consistently downward.

"We're not far from a stall," Brian Bethune, chief economist for IHS Global Insight, said of the U.S. economy.

"I don't think we have the ingredients that would normally accompany a double-dip, but certainly we are getting into stall speed." THE CANADIAN PRESS



► Currency traders in Tokyo watch as the greenback falls against the yen.

SHUJI KAITAMA/ASSOCIATED PRESS

Dollar hits 15-year low

The U.S. dollar slid to a 15-year low against the Japanese yen yesterday, dragged down by the anaemic recovery in the world's biggest economy. The greenback was quoted at 84.71 yen in London, the lowest since 1995.

Rona's results disappoint

Rona says it expects to face a slow recovery as the Canadian home-renovation chain continues to experience volatility.

The Montreal-area company's second-quarter results disappointed analysts as profits increased to \$67.8 million or 52 cents per share. Analysts had expected earnings of 59 cents per share. THE CANADIAN PRESS

Market moment

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IT'S THE LITTLE THINGS THAT MATTER

He says ...

JOHN MAZEROLLE



Welcome to Advice 101, so called because it was ranked 101st best column in Canada by a team of Internet message board commentators who agree that there should a White Heterosexual Male Day.

Q Hey, John! I hear you're looking for an apartment. As a trained advice columnist, what tips would you give somebody looking for a new place?

A Well, apartment hunting can be a slow and frustrating ordeal, or a rushed and unsatisfying one. The choice is yours.

The first thing to remember is that, no matter what apartment you choose, there's a better apartment than you

missed. The best way to deal with disappointment is to brace for it.

Q What are some key signs that an apartment is not right for you?

A One sure sign — and this really happened to me — is you discover that the house number has been drawn onto the door with liquid paper and is still wet.

While the extra effort was appreciated, it changed my prepared questions from concerns like "Is the water pressure strong?" to concerns like "Is there a toilet?"

I still took the tour to be polite, then declined. I like to

think the lightbulbs were freshly screwed in on my way over so that I didn't have to fumble around in the dark. It's the little things.

"The ideal apartment would be covered in that non-stick coating they put on frying pans."

- Does the landlord believe that evolution happened in quick spurts? Or steadily over time? Judge him accordingly.

Q What would you consider

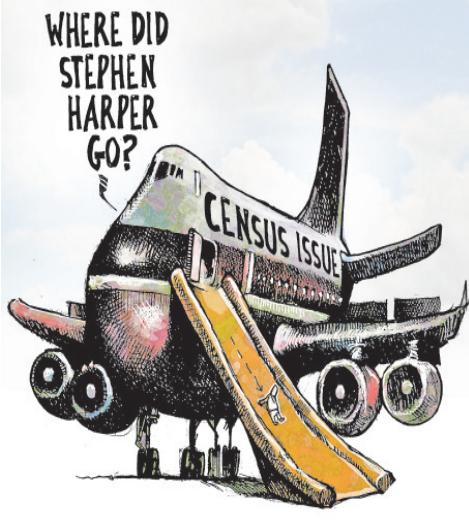
A I'm a respectful apartment dweller, but I'm a bit of a slob. And by "a bit," I mean I once knocked over a coffee in my apartment and was delighted when it did not spill anywhere because it had hardened into a new invention I call Coffee Flakes. The patent is pending.

So then, the ideal apartment would be covered in that non-stick coating they put on frying pans. There would be a drainage hole in one corner of the apartment and a jack in the other. Once a month I would jack up one side of the apartment and let slide out all of the items that wouldn't come clean, such as the Barcalounger.

If you see anything like this on Craigslist and it's within 500 metres of a bus station, let me know. I'm liquid-paper flexible.

Cartoon

MICHAEL DE ADDER



de Adder
metro

Low-maintenance loyalty

Letters & Tweets

We asked: What's the better pet — dogs or cats?

TORONTO. Dogs are loyal, cute and can guard a house when you are working all day. Playing a game of fetch is stress relieving and looks cool. Cats ignore you, relieve themselves in a box indoors and are otherwise useless.

I know some people think cats are better as a pet because you have to earn their friendship, but if I am going to work hard on a relationship, it's going to be for human friends and family.

A pet should just be happy to be along for the ride ... it's ok to stick your

Man's best friend

DAVID COOPER/TORSTAR NEWS SERVICE



head out the window.
JASON HARRIS

EDMONTON. @mikeatqazam Dogs of course, they'll actually listen to you. Ever try to get a cat to listen to you? Good luck.

Re: Going, going Ghana
(Aug. 4)

TORONTO. I was surprised

and at the same time pleased to read this article by Romina McGuinness.

Here is one Western journalist who, unlike several others, sought to portray a few positive aspects of an African country — a far departure from the usual Africa-bashing. Thanks, Romina.

BEN POKU

What's your best summer memory?

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Metro Minute with the youth orchestra

Canadian conductor Jacques Lacombe called Epcor Centre's Jack Singer Concert Hall "one of the best halls in the country, acoustically."

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Tickets are \$19 and can be purchased at cplive.com or by phone, 403-571-0849. ■ **BRETTE EHALT**



► The National Youth Orchestra.

CONTRIBUTED

Let's do business and have a cup of coffee

Miguel Angel Abascal and Elys Balboa know very well how it feels to enjoy a sunset in the main square of Veracruz, with a good danzón (a typical dance) and a great café au lait in La Parroquia (local parish or neighbourhood), because both came to Toronto from Veracruz, on the Mexican Gulf Coast, but they also know the importance of having a reliable bank at their service.

It is an amazing coincidence that both come from the same place. "Not only do we come from a Veracrucian environment where coffeehouses are the center of social life in a city neighbourhood, we are both familiar with the culture of professionalism and the excellent financial and customer services that Scotiabank offers in Mexico," says Elys Balboa, Personal Banking Officer at Scotiabank.

With over 177 years of business history, Scotiabank began operations in some parts of Latin America and the Caribbean even before offering its services in Toronto.

"Scotiabank was my bank when I lived back in Mexico, and this bank has always worked for me. From the first moment I walked into her office, Elys has been very supportive. She keeps me informed about all kinds of developments and she has become my number one financial advisor," says Miguel Angel.

Scotiabank is my ally

"When you change countries, you leave behind belongings and properties. As a newcomer, nobody knows you or appreciates who you are, as they do at home. Everything is so different. That's why it is so important to have a strategic ally on your side. One of my best allies has been the first bank that treated me with such affection and really made me feel at home, that's Scotiabank, of course," affirms Miguel Angel.

Elys reinforces this point of view, saying: "Scotiabank –as no other bank– has a culture of supporting new immigrants because their relationship goes way back, even before their arrival in Canada to do business, study or live. Offering services that are specially tailored to their needs, we introduce to them the *Scotiabank StartRight™ Program*".

"Thanks to this program, immigrants like Miguel Angel can do their day-to-day banking transactions for a whole year, secure their valuables with a free Safety Deposit Box, and build a credit history with the No-Fee Scotia Moneyback® VISA credit card," explains Elys.

Coffee time at La Parroquia

Having a solid experience in marketing coffee that is sold and served in the coffeehouse La Parroquia, Miguel Angel is certain that this certified gourmet, organic coffee from Veracruz will have very good success in Toronto.

From the oldest coffeehouse in Mexico dating back to the 18th century, Miguel Angel will not only sell a line of coffee beans from Veracruz, but he will also share with others legendary stories about this kind of coffee and about La Parroquia, a place full of Mexican history, tradition and culture.

Did you know, for instance, that to request a refill in La Parroquia, customers clink the sides of their glasses (not cups) with their spoons? This clinking can be heard from early morning to late at night. The story behind this custom is that a certain trolley driver would ring his bell when he was a block away from La Parroquia to let the waiters there know he was coming. When the driver died, his casket was borne on the trolley and when it passed the coffee establishment, the customers and waiters all clinked their glasses in his honor," confides Miguel Angel.

The reasons for satisfaction, but also the challenges of opening a business in Canada are innumerable, so Scotiabank also offers entrepreneurs like Miguel Angel financial advice and various support services. "Customers only have to make an appointment with a Scotiabank business advisor to receive information on how to start and grow their business," explains Elys.

"Miguel Angel is a wonderful customer. He has an enviable level of energy and likes to make well-informed decisions. To me, there's nothing more pleasing than being able to offer Miguel Angel the financial tools that will help him settle in and grow his business," concludes Elys.

Miguel Angel adds: "I recommend Scotiabank because it is a customer-friendly bank that offers personal service and a guarantee of safety. I know that at Scotiabank my money is safe. Now I can just spend my time making new friends and developing my business."

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Miguel Angel Abascal and his imported Mexican coffee products

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News in brief



A 3-D documentary on the Queen is set to air on CBC next month. The public broadcaster says it will show Queen Elizabeth in 3-D on Sept. 20.

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St. Louis rapper Nelly has joined St. Louis urban station Hot 104.1 as the afternoon drive-time host.

Station executives expect Nelly's on-air stint to last for about a month.

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Roots miniseries director David Wolper dies at 82

Calder solo album a love letter to mother

► Project helped New Pornographers singer deal with mother's illness and death ► Plans solo tour next year



BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

When most musicians release an album they spend months touring in support of it. But not Vancouver musician Kathryn Calder — she's has no intention of quitting her day job, as a singer in the New Pornographers, to play her debut solo album around the country.

And you can't blame her — when I called her last week she was hours away from playing Lollapalooza with the Pornographers. "It's a pretty big show," she said, a major understatement considering she'd likely be working small bars if she were playing her own record across the country.

She will tour, she says, probably next year, when her main band's hectic schedule relaxes. Until then you'll have to listen to her passionate debut disc, *Are You My Mother?*, which was written and recorded in the months before her mother passed away from ALS, also known as Lou Gehrig's disease.

While Calder, who also

"I don't feel overshadowed in the New Pornographers. Maybe that wasn't the case when I first joined — half the fans thought I was Neko (Case)."

KATHRYN CALDER

Go your own way



Kathryn Calder is not the only member of a supergroup who has gone solo. Here are a few others:

► **Feist:** She's now famous for her soft, jazz-tinged tunes, but it was as a member of Broken Social Scene and By Divine Right where she got

played with Immaculate Machine, had always wanted to write a solo record, it wasn't until her mom got sick that she decided to go for it.

"Her illness was a gentle motivation," she says. "I wanted her to hear it because I knew she would really enjoy it. I didn't want to look back and regret waiting."

You might expect the disc to be full of depressing dirges, but it's not. There are some somber tunes — Arrow is a stunning track that's clearly about her losing her mom — but there's also some upbeat power pop numbers like the Pornographers sounding Follow Me Into The Hills.

"It was a conscious decision. I didn't want the

to hone her chops. ► **Scott Weiland:** The drug-addled vocalist will be best remembered for fronting Stone Temple Pilots and singing in Velvet Revolver, but he did try to go out on his own with 2008's *Happy in Galoshes*.

► **Slash:** Another Velvet Revolver alum, the legendary guitarist has been in and out of supergroups forever. But, unlike Weiland, his 2010 debut self-titled solo disc was actually pretty good.

► **Chris Cornell:** Soundgarden's singer has been in two supergroups — Temple of the Dog and Audioslave. He should have stuck with them; his three solo albums are low spots in his career.

record to be all one mood," she says. "I didn't want it to be a sad, dark record. My mom's illness wasn't the only thing that was happening to me at the time — there were some happy moments too."

Clearly, Calder's open about what she went through. She admits that it's been hard to put herself out there, but it's helped her deal with her mom's death.

"Just writing about what was going on helped in some way or another," she says. "In my first interview, which was for my home town paper, I did get teary. But there's no way I could not talk about this — it was so tied into the record. Plus, if it raises awareness of ALS then all the better."



► New Pornographers' singer Kathryn Calder has a new solo album called *Are You My Mother?*



► Javier Bardem and Julia Roberts star in *Eat Pray Love*.

Bardem says working with Roberts in Eat Pray Love 'easy'

If Javier Bardem had to choose whether to eat, pray or love, he doesn't know which one he'd pick.

The 41-year-old actor says all three are important and he wonders why anyone would want to choose just one.

Bardem co-stars with Julia Roberts in the new movie *Eat Pray Love*, directed by Ryan Murphy

and based on Elizabeth Gilbert's best-selling memoir. The film opens in theatres on Friday.

He says working with Roberts was "easy."

Bardem says he was impressed with Roberts' generosity and had fun working with her.

Film fans, not to mention the global media, have been buzzing about

Bardem's and Penelope Cruz's secret nuptials in the Bahamas, revealed a few days after the Spanish team won the championship July 11. The couple had known each other since the early 1990s. They became re-acquainted two years ago after starring in Woody Allen's *Vicky Cristina Barcelona*.

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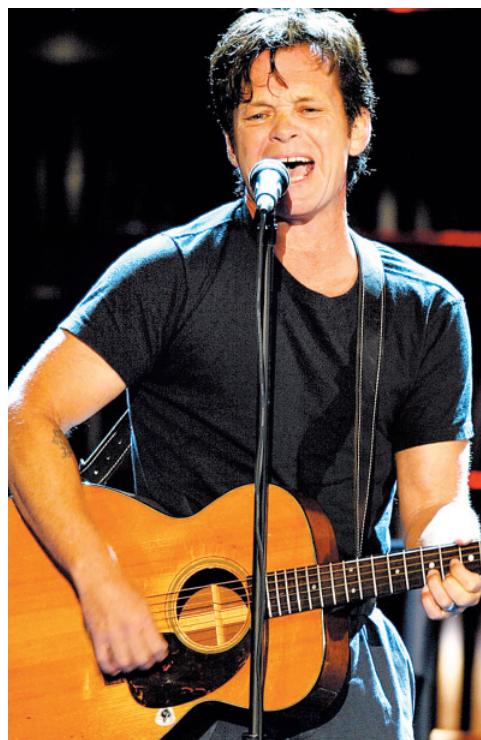
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A triumph of Americana folk rock

John Mellencamp

Album: No Better Than This
Label: Rounder
●●●½

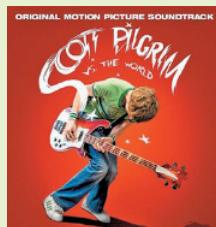
John Mellencamp has been telling us for years that he doesn't want to be a rock star anymore. Just in case you didn't get the message with his raw 2008 release Life, Death, Love and Freedom, he's now served up No Better Than This — an album that proudly proclaims "recorded in mono" on its jacket. It sounds like it fell off the back of a chuck wagon steered by geezer twins Willie Nelson and Bob Dylan — which in many ways it was. Mellencamp recorded it off a single microphone while touring minor league baseball parks with the two legendary songwriters. He even taped one track — Right Behind Me — in the same San Antonio hotel room that Robert Johnson recorded Cross Road Blues. The end result, pieced together by producer T-Bone Burnett, is a lo-fi triumph of Americana folk rock a la Johnny



Cash, John Prine or Steve Earle. The voice is ragged but the title track's message is starkly clear — eat up life now cuz there ain't no seconds. It may be a bit jaded, even a tad cynical,

but, at 59, Mellencamp can do as he pleases. Rock stars come and go. Great songs never die.

Outstanding track: Save Some Time to Dream
● GRAHAM ROCKINGHAM



Scott Pilgrim Vs. The World

Album: Original Motion Picture Soundtrack
Label: ABKCO/Universal
●●●

Rarely does a soundtrack warrant a listen anymore, but Scott Pilgrim Vs. The World is full of curiosities. There is the requisite filler, but this is boosted by Beck and hometown

boys Broken Social Scene, who have assumed the guise of bands from the film. As Sex Bob-Omb (Pilgrim's band in the film), Beck embraces his old slacker self with some amateurish garage punk, while BSS try sludgy hardcore as Crash and the Boys. It's all good fun.
Outstanding track: Scott Pilgrim. ● CAM LINDSAY



Liz Phair

Album: Funstyle
Label: Independent
●●●

It's hard to know what to make of Liz Phair's latest. In some ways it's her most adventurous and risky album since abandoning her indie rock roots in 2003. But it's also incredibly annoying. A good chunk of the album is her doing weird experimental hip-

hop-like skits. Bollywood is a cringe inducing sort-of rap that sees her talking to her agent, U Hate It. It has two label execs talking about how much they hate her new song; it's nearly impossible to listen to. She gets credit for trying something out of left field but she should have gotten creative with the actual songs.
Outstanding track: Bang, Bang. ● BRYAN BORZYKOWSKI



Hawksley Workman

Album: Milk
Label: Isadora
●●●

Hawksley Workman's never shied away from exploring new sounds, but it doesn't always work. On Milk, his electro-pop experiment that he already released digitally, is a major disappointment. Besides the amped up rock track

We Dance to Yesterday — one of the singer's best songs — the rest of the album is extremely difficult to listen to. Warhol's Portrait of Gretzky, with its weird chorus of "Warhol's portrait of Gretzky, pretty f**king sexy" sounds like a song from an Andy Samberg short.
Outstanding track: We Dance to Yesterday. ● BRYAN BORZYKOWSKI

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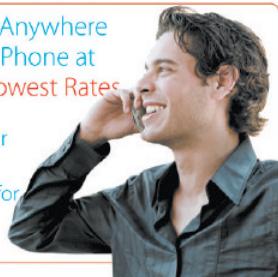
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Arcade Fire top charts

Arcade Fire's third record has burned up the charts around the world.

The Suburbs has debuted at No. 1 on the Canadian, U.K. and U.S. charts. The band's label, Merge Records, announced the news via Twitter, while labelmates Spoon tweeted that Arcade Fire's record sold 156,000 copies in its first week in the U.S.

The Montrealers also took top spot in Canada on the Nielsen Soundscan charts. Arcade Fire was also No. 1 in Canada on HMV.ca, iTunes and Amazon.

THE CANADIAN PRESS

Website keeps Carson alive and kicking

- Tonight Show episodes digitally restored and available for online viewing
- Complete vault will be opened to general public in future, nephew says

For three decades, Johnny Carson tucked his audience into bed while welcoming thousands of guests to The Tonight Show.

Now the full Carson canon has been restored, digitized, annotated and transcribed.

One result of this huge archiving effort will be an upgraded website for fans containing dozens of clips

for ready viewing.

Yes, there will be a boosted product line of Tonight DVD sets for purchasing through the website.

"But it will also become more of an entertainment site," said Jeff Sotzing, president of Carson Entertainment Group, a former Tonight producer and Carson's nephew.

"There will be 40 to 50

clips, which we will change on a regular basis."

A companion clip-licensing website is also going live this week. Accessible only to media professionals who establish accounts, this site takes full advantage of the Tonight cataloguing project, with a total of 3,300 hours of searchable program content keyed to any search term. For example, the search engine locates 1,570 instances of Hi-yo, announcer Ed McMahon's hearty greeting to Johnny. Any of them can be instantly streamed.

While specifying no time table for opening the vault to Carson fans, Sotzing said, "I don't want to keep them out for long."

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► Ed McMahon, left, shakes hands with The Tonight Show.

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Public Enemy's world conquest con-



► Flavor Flav, left, and Chuck D keep bringing their music to the people.

- Groundbreaking hip-hoppers going strong after breaking into mainstream
- Want to

As the leader of the legendary hip-hop group Public Enemy, Chuck D has spent more time at the airport than some pilots. Those frequent flier miles have definitely piled up. In fact, the frontman sees traveling as the key to the group's longevity.

"The minute we were able to get passports, Public Enemy was the first group to explore," he says.

"So all the places that we laid seed in years ago are now continuing to bear fruit."

The traveling is nothing new. PE has been taking their socially conscious brand of hip-

hop around the world almost from the beginning of their career.

Now on the eve of releasing a new fan-financed album (more than 20 years after releasing classics like *It Takes A Nation Of Millions To Hold Us Back* and *Fear Of A Black Planet*) and a tour that is taking them around North America, it doesn't look like a break is coming soon.

"We've only been to 70 countries out of the total of 212. We go to countries like people go to cities. And we haven't run out of countries," he laughs.



THE ASSOCIATED PRESS FILE PHOTO



Witherspoon to play Peggy Lee

You can't say Is That All There Is? about Reese Witherspoon's career. She'll play jazz great Peggy Lee in a Nora Ephron-directed biopic, writes Daily Variety.

This isn't Witherspoon's first time taking on the role of a famous singer. She won an Oscar in 2005 for playing June Carter in Walk the Line alongside Joaquin Phoenix, where she did all her own singing as the country star.

Variety reported earlier that Witherspoon secured the rights to Lee's story from the singer prior to her death at age 81 in 2002 and has decided the movie's story will focus on the personal and professional life of the jazz singer.

The blond Lee, who had a cool sexy stage presence, endured a difficult, often-abusive childhood and was married four times.

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ong more than 20 years
to play in every country

Bring that beat back

Among the first to embrace the Internet with a digital record label, Chuck D has launched Hiphopgods.com, set to be an online archive of all things hip-hop and an online museum. "I was inspired by classic rock radio," he says. "Hiphopgods.com is where classic rap lives on."

"People ask, 'Hey what have you all been doing?' and I say we been busy. We just ain't been to your town. Yet."

METRO WORLD NEWS

Wall song a tool for protest, says Floyd's Waters

Pink Floyd founder Roger Waters has no qualms about giving a Canadian band permission to tinker with his band's classic Another Brick in the Wall for use as an anthem for young Iranians.

Toronto-based band Blurred Vision, fronted by two exiled Iranian brothers, has reworked the lyrics to express the resentment felt by young people toward the government of Iran, where it's illegal to play rock music. One well-known verse was changed to "Hey, Ayatollah, leave those kids alone!"

Waters said he encourages artists to use the song to resist all forms of oppression. He said in a statement that he sees the band as playing a vi-

tal part in "the resistance to a regime that is both repressive and brutal."

Waters took time from rehearsing for his upcoming world tour to address the issue.

"I applauded and supported the resistance of schoolchildren in South Africa to that repressive and brutal regime," he said, "and also applaud and support the resistance of Palestinian children in Gaza and the West Bank to the repressive and brutal occupation they endure."

The Blurred Vision brothers — 28-year-old Sepp and 35-year-old Sohl — hope the song will show solidarity for Iranians fighting for freedom. The brothers do not

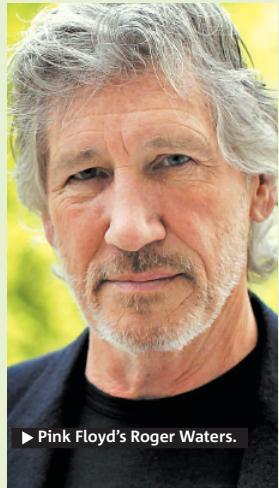
make their last name public because of concern for the well-being of family members in Iran.

The video for the song includes footage from the 2009 Iranian presidential election. Many Iranians feel the footage was altered for television by the government's cleric leadership.

The video, directed by acclaimed filmmaker Babak Payami, has been seen by more than 235,000 viewers on YouTube.

Waters begins his tour of The Wall in Toronto on Sept. 15. Another Brick in the Wall is from that classic 1979 album.

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► Pink Floyd's Roger Waters.



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Good call

You oughta know: Alanis is pregnant

► Ottawa-born Morissette takes to Twitter to announce that she and husband Mario Treadway are expecting their first child together

Alanis Morissette and new husband Mario Treadway are expecting a baby.

The Ottawa singer

announced the news via Twitter after discussing the pregnancy in Us magazine. "yes, happy

news....i'm pregnant :), " Morissette wrote on the social networking site yesterday morning. "we're so

RED SAXON/THE CANADIAN PRESS



► That is going to be one angry, musical child.

excited to start our family... xo a."

Morissette married Treadway, who performs as a singer and rapper under the name Souleye, in May.

The 36-year-old Morissette has sold more than 60 million albums and has won seven Grammy Awards and 12 Junos.

She was previously engaged to fellow Canadian actor Ryan Reynolds – their relationship lasted for four years until both went their separate ways in 2006. THE ASSOCIATED PRESS



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Judge removes herself from Lindsay's case

The judge who sent Lindsay Lohan to jail has removed herself from the case after a prosecutor complained she improperly contacted a rehab centre about the court-ordered treatment of the actress.

District attorney spokeswoman Jane Robison said yesterday that Judge Marsha Revel recused herself Friday.

Robison says the contact with the rehab centre was among several instances when Revel improperly communicated with participants and experts without the prosecutor present.

THE ASSOCIATED PRESS



► Everything she touches turns to bad behaviour. It's magic!

Bite-sized Dish

1 Though he and ex-girlfriend Paris Hilton were spotted making eyes at each other in St. Tropez last month, Doug Reinhardt says he's enjoying the single life. "It's nice to be single and work on yourself," Reinhardt tells Crushable.

2 Gossip Girl stars Jessica Szohr and Ed Westwick holed up in a Chicago hotel last weekend and racked up an \$800 bill on room service and minibar purchases, according to Page Six. Szohr was supposed to be in town to make an appearance at a Lollapalooza event, but never made it, enraging the organizer.

THE ASSOCIATED PRESS



► Kate Winslet in less weird times.

Kate 'weirded out' by sex scene

Even before their split, tensions were already mounting between Kate Winslet and Sam Mendes while filming 2008's Revolutionary Road, especially during intimate scenes with co-star Leonardo DiCaprio, according to the Sydney Morning Herald. "It was certainly a difficult time," DiCaprio says, according to the newspaper. "She was really worried that Sam wasn't bothered

2 The number of times in which Winslet and Leonardo DiCaprio have shacked up on the silver screen.

by the fact that his wife was making out with another guy right in front of him. I told her it was only acting, but she kept on saying, 'This is really weird.'

• METRO WORLD NEWS

Celebrity tweets

Talking points

Boy George sniffs over Gaga's coke admission

DRUGS AREN'T COOL, KIDS. NEITHER ARE ARTISTS WHO USE THEM AS THINLY-VEILED PUBLICITY PLOYS.

Boy George isn't impressed with Lady Gaga's admission to Vanity Fair magazine that she uses cocaine occasionally. "Could it be that her use of coke is not so 'occasional'?" he writes in a blog post for Paper magazine. "As a recovering addict who knows how dangerous 'occasional' use is, I can think of no reason for Gaga to reveal this to her young audience. My mum had the best take on this: 'She's reached the stage where she feels untouchable. You all get there — you did, Son.' I can't argue with that!"

Late '80s Madonna! Is that you?

• METRO WORLD NEWS

Drake Bell (@Drake-Bell) Boarding a plane to Nicaragua. It's gonna be a long flight!

Queen Rania (@Queen-Rania) Discovering more of Italy's treasures. 1st Stromboli, & just climbed Volcano. Gorgeous backdrops 4 precious time with my kids.

Alyssa Milano (@Alyssa-Milano) You know what I love? I love how excited my dogs get about their dinner even though it's always the same dinner.

Conan O'Brien (@ConanOBrien) Ricky Gervais asked me to tweet that his movie Cemetery Junction is playing at Mann Theatre in Glendale. I refuse

• METRO WORLD NEWS

From (size) zero to six: How curves saved Paige's denim career

► Former model and anorexic shares her story about weight and acceptance ► Today, her 'proper fit' denim is one of the most sought-after brands in Hollywood



Paige Adams-Geller has a surprising message for fans of her eponymous denim line: Thin isn't necessarily in.

The L.A.-based former model and pageant queen says she spent years battling anorexia to fit the industry standard, but it was only after she recovered to a healthy weight that her career took off.

"When I went to treatment (for anorexia), I gained weight quickly, and it was a very scary feeling because you don't know when it's going to stop," she recalls.

"But that's when I met the guys from Lucky Brand Jeans, who told me I had the perfect proportions for their line. And it was such an unusual feeling to be rewarded for being fuller and more curvy."

As a size 6, Adams-Geller's curves filled out the jeans much better than her size 0 counterparts. In fact, she looked so good in denim that she quickly became the most sought after fit model in a town of tiny tutus.

"Going in and trying on these jeans and having



"I think that fit never goes out of style no matter what you're doing in a line... a great-fitting article of clothing is the most important thing"

PAIGE ADAMS-SELLER,
PAIGE DESIGNER

them feel great and look great was a new experience for me," she says. "And if I started to get too skinny, I wouldn't get paid – so I had to keep my weight up and that's when I learned to finally appreciate that I looked healthier and felt better."

With years of experience under her custom

leather belt, Adams-Geller managed to incorporate all she'd learned into a science: The science of fit.

By 2005, the newly minted designer debuted Paige Denim to a public ravenous for proper-fitting jeans. A book and a website specifically designed to match body type to the right cut followed soon after.

"I think that fit never goes out of style no matter what you're doing in a line. I could do denim, non-denim, jackets, gowns, and to find a great-fitting article of clothing is the most important thing," she says.

While her brand has taken off amongst young Hollywood celebrities, Adams-Geller wants her clients to know that her jeans are meant to fit everyone. She even makes a point of sending models back to their agencies if they're too skinny.

"You're supposed to fill out jeans, you're not supposed to have a saggy butt!" she says with a laugh. "So it's been interesting trying to get that message out there while finding a hip, cool model that's not plus size but looks great in the jeans."

For more information, check out paigeusa.com.



► Paige Adams-Geller designs jeans for women of all sizes. She has even sent back models she feels are too skinny.

Perfecting the fit

First thing's first: Stop obsessing over the number sewn into your pants. "People can be fixated on sizes and there's no set standard in the industry for what a size is," designer Paige Adams-Geller advises. "So if you put something on that you think is your size and it's too small, all of a sudden the tape starts running in your head: 'Oh my god, did

I gain weight?' And you start freaking out that maybe you shouldn't be trying on jeans that day." Instead, ignore the double digits and focus on how the pants look on your body.

► Crack is wack: Ladies and gentlemen, have a seat. "I think that one of the biggest mistake people make is to not do the sit-down test. Put a pair of jeans on in the dressing

room and maybe they look fabulous standing in them, and then they sit down and they have the butt cleavage. And I always say no to crack."

► Loose Cannon: On the other hand, too much give isn't good either. "Many times women will buy jeans that are too loose. Most jeans will tend to grow a bit, so you need to walk around in them, bend, flex, because the jeans

might grow half a size and you don't want your it to look dumpy if it's a tight style."

► Know your stuff: A basic idea of what you're looking for can make all the difference, says Adams-Geller. So before you wander blindly into a store, figure out if you're looking for a pair of casual day-to-day pants, or something that could work for going out at night. ■ JORDANA DIVON



3 life

News in brief



NARS Cosmetics introduces two new compact palettes for fall — Beautiful Life for lips and cheeks (\$65) (pictured); and Only You for eyes and cheeks (\$75). Both palettes will be available at Holt Renfrew, The Bay and Murale locations.

■ METRO



Levi's aims to talk about shape, not size with new Curve ID denim line for women.

► Actress Jennifer Aniston pays the ultimate tribute to Barbra Streisand in the September issue of Harper's Bazaar ► The 41-year-old beauty recreates iconic portraits of the legendary singer/actress/director.

Aniston gets her close-up Streisand-style

There are Barbra Streisand fans, and then there's Jennifer Aniston.

Aniston recreates iconic portraits of Streisand in a lavish Mark Seliger photo spread in the new issue of Harper's Bazaar. The magazine is on newsstands this week.

"The shoot was just fun," the 41-year-old ac-

tress said Saturday while promoting her new film, The Switch.

"Look, you're dressing up in wigs and costumes and going into this beautiful theatre in downtown Los Angeles, and her voice is booming through the speakers," she said. "And you get chills. It was almost like ... 'cause photo

"Photo shoots I'm always uncomfortable in, because that sort of thing is not my career ... So it was sort of fun to kind of play a character like that."

JENNIFER ANISTON

shoots I'm always uncomfortable in, because that sort of thing is not my career, it's not my profes-

sion. So, it was sort of fun to kind of play a character like that."

Her fascination reaches



► Jennifer Aniston poses as Barbra Streisand, a photo shoot by Mark Seliger in the September issue of Harper's Bazaar.

beyond Streisand's look.

"I want to sing like Barbra!" she joked.

And like Streisand, Aniston wants to direct. She got a taste of behind-the-camera work directing the 2006 short Room 10.

"I really am chomping at the bit to do that next. It was so creatively fulfilling. And I'm ready to do

something else. It's time to sort of explore and I love this (acting). I'll never stop doing this until people say, 'Stop!' And maybe even then I won't stop," she said with a laugh. "But it's just time to sort of change it up."

The Switch will be released Aug. 20.
THE ASSOCIATED PRESS

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At first blush

► Girls are being exposed to and using beauty products at a younger age, but it's wearing off sooner, according to market research ► Beauty editor offers tweens advice on how to wear it in an age appropriate fashion

It starts with gloss and polish, then it's mascara and eyeliner.

To parents, it might seem as if their girls are wearing makeup overnight, but sales figures show that it's a steady progression from essentially toddlers to teens — with a surge of interest during the tween years.

But engagement with colour cosmetics is waning among young women, age 18 and up, according to market research firm The NPD Group.

Young girls are becoming exposed to beauty routines earlier on — especially with all the mother-daughter bonding that's going on at nail salons and spa birthday parties — but that excitement might be wearing off by the time older girls are establishing their own regimen, observes NPD beauty-industry analyst Karen Grant.

Overall, girls in the 13- to 17-year-old range still use more makeup than their younger sisters, but the percentage of the high schoolers using makeup now is less than it was a few years ago, while the percentage of elementary and middle-school girls is higher.

By age 18, these young women are looking to keep their skin healthy and enhance their appearance with a handful of tried-and-true cosmetics, Grant explains, but their experimental phase is largely over.

18

Among eight- to 12-year-olds, 18 per cent are wearing mascara on a regular basis; 47 per cent of 13- to 17-year-olds and 56 per cent by age 18, according to Grant. Compared to 2007 levels, that is an eight per cent increase in usage of mascara by tweens, while lipstick had a five per cent increase.

"You've got girls asking, 'Do I really need this?'" says Grant. "Maybe it's not that exciting anymore because they've been using it since they were younger."

Eva Chen, beauty and health director at Teen Vogue, agrees that there's the excitement factor that comes with literally the first blush of beauty products — but that can get old.

"A lot of tween girls think makeup is really exciting to them when they first start to wear it because it's probably something they haven't been allowed to do . . . About 13 or 14, they feel like they're over lip gloss. They still wear it, but that's when they want to transition into mascara, but that's one more step for parents to accept."

Lip products is the most used cosmetic category across all ages, says Grant, with younger girls using balm, tweens and teens using gloss. **THE ASSOCIATED PRESS**

Tips for teens



Someone definitely needs to tell girls not to try to look too old too fast, says Eva Chen, beauty and health director at Teen Vogue. "Teenagers have this glow, this beauty, that adults try to reproduce. They are very lucky to

have it. Don't cover it up!" she says. Her other tips are:

- Nail Polish in neon pink, green, blue — what adults would largely see as crazy shades — look fun and playful on girls.
- Red lips aren't appropriate for a tween or even many teens. It's the kind of thing that gets people looking at your makeup when you want them looking at you, she says.
- If you're going to wear mascara, learn to wear it right. "You don't want it clumpy," Chen adds.

THE ASSOCIATED PRESS



► Among 13- to 17-year-olds, 47 per cent are wearing mascara on a regular basis.

need a quick bite?

9



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HOMES IN
STYLEHEATHER BUCHAN
HOME@METRONEWS.CA

When it comes to planning a nursery, even the most "design-impaired" people end up enjoying it. And with today's vast array of baby furniture and accessories, don't be afraid to go bold.

According to interior designer Erin Feasby, co-owner of Toronto-based design firm Feasby & Bleeks Design, after years of being very one-dimensional, nurseries are returning to the "full-on decorated" look.

"From custom lampshades, use of trim on furnishings, original art and lots of details, it's really an opportunity to show some personality and have more fun than you might with your everyday rooms," she says.

Feasby points out that choosing a motif when beginning to plan your nursery — be it nautical, animal, fairy — can help guide you when putting the room together. "Find either a fabric you love, or carpet or bedding and use that as a fun jumping off point," she advises.

Nursery time

► Create a nurturing oasis for your precious new addition by customizing your baby's room to your taste and needs



1



2



3



4



5



6

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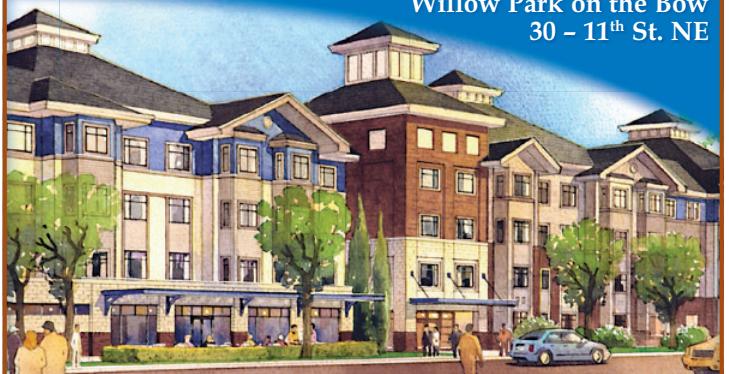


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Upgrading your condo kitchen for resale

If you're thinking of selling your condo, it may be time to look at a few simple but effective improvements for your kitchen that give it a lift and create a better first impression for potential buyers.

- If your counter top is laminate, consider either replacing it with a stone top or upgrading the overall look with a wood trim or edge. Ideally, switch to quartz or granite, which will help with resale and to achieve an overall high-end look. If you choose quartz — Silestone, Caesarstone, or Hanstone are among the brands available — there are many colours and patterns available, so it will be easy to match existing colours and cabinetry in your kitchen to the counter top. Natural



► A new counter top and faucet can work wonders for resale value.

granite counter tops can be more economical, so if you're selling this may be a better option.

- If you don't need to replace your counter top, you can glamorize the entire working area with a new sink and faucet. Whether you're selling or staying, go with a trustworthy brand

for these products.

- Use materials with a high-gloss or shiny finish. This will freshen up a tired room and always looks new and clean.

For a selection of the faucets, premium stainless steel sinks, visit manufacturer Blanco at blancocanada.com. **NEWS CANADA**

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Finding your decor style

KARL LOHNES
HOME@METRONEWS.CA

I've helped a lot of people decorate their homes over the years and the one thing

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that I discover is that people do not know their decor style. I am a believer that we should live by our style; that means our lifestyle dictates the clothes we feel most comfortable wearing and there is a certain relationship between lifestyle, fashion and home decor. Here are a few ways to help you define your style:

Look at your wardrobe:

Do you save clothing from years gone by or feel comfortable buying vintage clothing? If that is the case then you probably don't mind buying pre-owned furnishings. This most likely means you have an eclectic style of decorating that bends toward a traditional

look. Your best shopping haunts: Local flea markets, Goodwill and vintage shops.

Conservative colours?

Do you have very conservative colours in your wardrobe like navy, brown and grey? You should most likely decorate your home with neutral colours like taupe, sand, chocolate browns and cream. You are a decorator that tends to make serious, long term decorating purchases.

Your best shopping haunts will include high-end traditional furniture stores, better department stores and custom upholstery services.

High quality

Is your closet filled with



► An edited space with quality modern furnishings is for a sharp-dressed person.

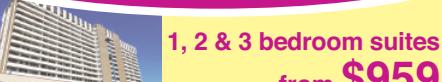
a very edited collection of the very best quality work clothes and a limited supply of casual clothing? If so, you most likely enjoy a very controlled environment of sleek, classic furniture pieces and fine art. A tuxedo style sofa covered

in a wool suiting fabric paired with a sleek Italian leather chair would suit you best. You should be shopping with a designer at auctions, antique stores, and trade only showrooms to get the couture look in your home.

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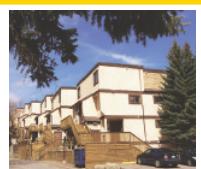
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Healthy, savoury lunch bowls

► Asian-inspired dishes serve up something different for lunchtime

LUNCH RUSH

ANDREE LAU
FOOD@METRONEWS.CA

 Craving a lunch not layered between bread, I headed to the cool space of Cafe Koi.

Among the Asian-inspired dishes is a long list of vegetarian options. The Lotus Bowl (\$13.49) is heaped with crispy greens (broccoli, bok choy, onions, and peppers) and seared tofu rubbed with five spice. The fragrant protein plays against crunchy roasted almonds, with everything tossed in a sticky chilli maple sauce.

Cafe Koi's signature bowls are enormous. The Szechuan chilli fire bowl (\$15.49) bursts with plump tiger prawns and slippery Shanghai noodles.

Colourful portobello



► Cafe Koi's Lotus Bowl.

mushrooms, red peppers, spinach and napa cabbage fill out my daily recommended vegetable intake.

More meat-heavy dishes are also available in-

cluding grilled sirloin and a popular Thai salmon.

Ordering is cafeteria-style (from the large wall menu, then pay at the counter) but food is

served to your table for optimum stretching out of your lunch time.

Of note, vegetarian bowls/entrees are \$2 off on Mondays.

► **Cafe Koi**
1011 First St. S.W.,
(403) 206-1564
cafekoi.com
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Low \$: Asian slaw, \$3
High \$: Steak & potatoes, \$16.49
Licensed: Yes

News in brief

Sample the city's best food

TASTE OF CALGARY The summer food and beverage festival is back opening today and going until Sunday, 11 a.m. to 9 p.m. daily in Eau Claire.

Admission to the event is free. Sampling tickets are 75 cents each; samples range from three to six tickets. Check tasteofcalgary.com for more info. ● ANDREE LAU

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► A tasty appetizer option.

Ingredients :

- 1 tbsp (15 ml) olive oil
- 1 clove garlic, crushed
- 1/2 tsp (2 ml) dried crushed chili
- 1/2 tsp (2 ml) cumin
- 1/2 tsp (2 ml) paprika
- 1/2 lemon, juiced
- 1 tbsp (15 ml) chopped fresh parsley
- 1/2 tbsp (7 ml) sherry
- 12 jumbo tiger shrimp, peeled and deveined
- 6 bamboo skewers, soaked
- Salt and pepper, to taste

Easy and breezy! Tapas-style shrimp skewers will make an excellent addition to your summertime outdoor party menu. To achieve optimum flavours and reduce preparation time, marinade shrimp overnight.

Preparation:

- 1 In a medium bowl, add oil, garlic, chili, cumin, paprika, lemon juice, parsley and sherry and mix to combine. Add shrimp to marinade and toss to coat. Cover

and place in fridge for 30 minutes or up to one day.

- 2 Thread 2 shrimp onto each skewer and season with salt and pepper. Heat barbecue to high, then place shrimp skewers on the grill and cook for 2 to 3 minutes per side. Once fully cooked, remove shrimp skewers from heat and serve.

THE CANADIAN PRESS

Wild Rice & Soybean

in an Asian sesame soy

Chickpea

in a tangy citrus dressing

Bulgar Wheat

in a Mediterranean style vinaigrette

Pair your salad with a smoothie
for a satisfying summer lunch!

Rogers Cup. Top seed takes to the court

► Rafael Nadal hammers a forehand to his opponent, Stanislas Wawrinka, yesterday in Rogers Cup action in Toronto.

FRANK GUNN/THE CANADIAN PRESS

Nadal has to work hard to win his first match in Toronto

Rafael Nadal wrestled through a marathon first-set tiebreak before he was finally able to shake Swiss challenger Stanislas Wawrinka with a 7-6, 6-3 win on centre court at Rexall Place.

Nadal arrived in Toronto in the midst of a season he aptly described as being "more than a dream," having acquired the French Open and Wimbledon titles among five tournament victories on the ATP World Tour.

He proclaimed himself to be in fine physical fitness, with no concern for his meddlesome knees as he sought to recapture a title he last won two years ago.

4 sports

Up and down

Diego Maradona

The former Argentina coach has job offers from two clubs in Brazil and a national team in Europe, his assistant says.



David Beckham

The 35-year-old's record-setting England career appears to be over after coach Fabio Capello indicated yesterday the midfielder is too old.

Tsoumpas eager to get in a game

► All-star offensive guard expected to play for Stamps this Sunday against Eskimos ► Spent the past week deprogramming from tryout with Miami Dolphins, brushing up on CFL rules

Dimitri Tsoumpas is ready to get back into the CFL game.

The Calgary Stampeders offensive guard, who was a West Division all-star last year, is expected to play Sunday against his hometown Edmonton Eskimos in his first CFL game since his return from the NFL's Miami Dolphins.

"Every football player wants to play," Tsoumpas said yesterday at McMahon Stadium. "I feel ready."

John Hufnagel, the Stampeders coach and general manager, swung a deal with the Eskimos in the 2008 Canadian college draft to land the No. 2 pick. He chose Tsoumpas with it and another offensive lineman, Jesse Newman, at No. 3.

Tsoumpas, which is pronounced ZOOMP-uhs,

said yesterday at McMahon Stadium. "I feel ready."

It was fun to be down there in Florida for seven months — minus the getting cut part.

DIMITRI TSOUMPAS

started every regular-season game and two playoff games for the Stamps in both 2008 and 2009. He was Calgary's nominee for

CFL rookie of the year in 2008 when the Stampeders won the Grey Cup. He was also the club's nominee for the league's outstanding Canadian last season.

Calgary ranked first in rushing yards and No. 2 in rushing yards from the line of scrimmage in 2009. The offensive line played a part in that and in running back Joffrey Reynolds winning his second consecutive CFL rushing title.

It was inevitable the NFL would take an interest in the six-foot-four, 315-pound lineman, but Tsoumpas' tryout with the Dolphins ended July 30 when he was released. Calgary welcomed him back with open arms and a multi-year contract that could have him wearing the red and white until 2013.

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Opinion

DAN TOTH

CFL EXTRA POINTS



FANS HELD HOSTAGE IN THE HAMMER

News in brief

Pacers get a point guard

NBA. The Indiana Pacers acquired point guard Darren Collison and forward James Posey from New Orleans in a trade that also included New Jersey and Houston.

THE ASSOCIATED PRESS

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The Canadian Football League is a volatile place to run a business, even now when the loop boasts of record attendance and strong TV viewership.

The latest "crisis" has Tiger-Cats owner Bob Young understandably frustrated with Hamilton's ongoing saga over the location of its new stadium.

City council's decision to build a new downtown facility for the 2015 Pan Am Games has irked Young, who is threatening to pull the team out of Steeltown when its current lease expires after next season. While it

might be posturing on the part of Young, who prefers a location that would provide more parking and easier access, it's surprising the city is playing rough with its only legitimate tenant once the Games are over. There is speculation Young may sell the team to interests in Quebec City, Moncton or Ottawa, which would be tragic for patient football fans in Hamilton, who deserve a modern home for games after putting up for decades with decrepit Ivor Wynne Stadium.

DOWN YEAR IN THE WEST

The CFL's crossover playoff format was designed to appease the perennial powerhouses of the West. Since the crossover rule was introduced in 1997, the fourth-place team in the West has played in the East semifinal six times while no team from the

East has ever crossed over to the West, but that could change this year. The season's only one-third over, but with the B.C. Lions and Edmonton Eskimos both trapped in the basement with 1-5 records, all four Eastern teams have a shot at earning playoff berths.

HALL OF BLAME

Richie Hall is a sympathetic figure along the sidelines of the hapless Edmonton Eskimos. The 1-5 team's likable head coach has been a success as both a player and assistant, but fingers are being pointed his way over the team's slow starts. Pro athletes aren't supposed to require additional inspiration at game time, but how else do you explain their sluggish effort last week against Toronto despite a home crowd of more than 30,000 at Commonwealth Stadium?

Hockey. Flames re-sign veteran centre

Conroy will start at least one more season as a Flame

Craig Conroy is going to get a chance to play his 1,000th career NHL game in a Calgary Flames sweater.

The NHL team announced yesterday that it had re-signed the veteran forward to a one-year deal.

Conroy has appeared in 991 career games — roughly half of them with the

Flames — over 14 seasons. He has 180 goals and 360 assists for 540 points.

A year ago, the 38-year-old had three goals and 15 points in 63 games.

Originally drafted 123rd overall by Montreal in 1990, Conroy has played for the Canadiens, St. Louis, Los Angeles and Calgary.

Looking for another reason to get excited about the 2011 IKEA Catalogue?

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Any space can be beautiful.

Crossword

Across

1. Rum cake
 5. Romaine's other name
 8. "Hey, you!"
 12. Unyielding
 13. Hooter
 14. Blue hue
 15. Decree
 16. Grazing area
 17. Litter's littlest
 18. Bluebeard's last wife
 20. Face
 22. Tuna container
 23. Inmate
 24. Cupid's alias
 27. Relied (on)
 32. Wire measure
 33. Tokyo's old name
 34. Mess up
 35. Rainbow
 38. Quarry
 39. "Eureka!"
 40. Piercing tool
 42. Movie industry
 45. Equine comments
 49. Took the bus
 50. Affirmative action?
 52. Pennsylvania port
 53. Basin accessory
 54. Prior night
 55. Astronaut Sally
 56. Cautious
 57. Simple card game
 58. Dance move

Down

1. "Death of a Salesman" son
 2. Met melody
 3. Gravy vessel
 4. Shenanigans
 5. Sieve

**Today's horoscope****Aries** March 21-April 20

Don't let people get away with statements which are clearly untrue. You can tell the difference between fact and fiction and you see it as your duty to point out errors.

Taurus April 21-May 21 You want to break into the big time but you don't want to break your back in the process. The good news is the planets are about to reveal a way you can move up painlessly.

Gemini May 22-June 21 Other people will always make things difficult for you one way or the other, but you don't have to make things difficult for yourself. Whatever is the easiest route to your goal is the route you must take.

Cancer June 22-July 22

You may be having a pleasant time at the moment but some of the people you care for don't seem so lucky, so make it your business to cheer them up.

Leo July 23-Aug. 23 The answer to a personal problem is really quite obvious but you seem determined not to see it. If a loved one tried to discuss the issue with you today don't put them off.

Virgo Aug. 24- Sept. 22 Today's quite positive cosmic influences suggest that if you look at a dilemma with your eyes open and with a determination to deal with it once and for all you won't be in a tight spot for long. Is there an alternative?

For today's crossword answers and for expanded horoscopes, go to metronews.ca



Libra Sept. 23-Oct. 23 Saturn in your sign endows you with a winning combination of ambition and staying power. So what is the one thing you dream of achieving above all other things? It's possible for you right now.

Scorpio Oct. 24-Nov. 22 Is your glass half full or half empty? Is the situation you are confronted with an opportunity or a setback? How you choose to look at your life is how your life will be.

Sagittarius

Nov. 23-Dec. 21 It may be frustrating that others aren't as forward-looking but that's just the way it is. The more cautious they are the more opportunities there will be for you.

Sudoku

	2	1	3					
3				1	4			
1	4			7	9			
6	4	7				8		
			6					
9				5	2	3		
	9	8			7	5		
5	7				2			
		5	2	8				

► Yesterday's answer

A	S	P	S	E	T	A	L	E	V	I
M	E	A	T	M	A	P	E	X	I	T
E	X	P	O	S	U	R	E	A	P	S
N	Y	A	L	A	R	E	D	E	E	M
M	I	E	N	G	G	S	L	S	D	
M	I	E	N	A	L	G	A	I	O	N
P	O	X	S	P	A	E	N	T	W	O
H	U	P	K	E	Y	S	B	E	L	T
				I	C	Y	S	T	A	Y
C	R	A	Z	E	D	L	L	A	M	A
R	I	T	A	E	X	P	L	I	C	I
E	V	E	R	M	I	R	N	E	R	O
W	E	D	S	I	V	E	D	A	M	

Yesterday's answer ►

A look at the weather

TODAY Min 10° Max 21° **FRIDAY** Min 9° Max 16° **SATURDAY** Min 8° Max 21°



Andrew Schultz, Meteorologist



"To my JUICEMAN! Happy anniversary, you're the best boyfriend in the world! Thanks for making me laugh everyday. XOXO MONKEYTOES



Caption contest

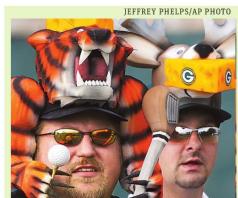


"Hey – I just invented 'hair guitar'!"

JAMIE COOK, TORONTO

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P100490	2010	BUICK	LACROSSE	9 from	\$34,695	\$0.00	\$32,133	\$750.00	\$1,500.00
C100358	2010	CADILLAC	CTS	10 from	\$50,670	\$1,500.00	\$45,724	\$3,000.00	\$1,500.00
C101008	2010	CADILLAC	ESCALADE	4 from	\$95,410	\$6,500.00	\$79,015	\$3,000.00	\$1,500.00
C101122	2010	CADILLAC	SRX	12 from	\$43,225	\$0.00	\$39,995	\$3,000.00	\$1,500.00
C100839	2010	CHEVROLET	1500 SILVERADO	35 from	\$28,495	\$6,000.00	\$17,936	\$3,000.00	\$1,500.00
C100477	2010	CHEVROLET	2500 SILVERADO	11 from	\$44,440	\$8,000.00	\$32,061	\$3,000.00	\$1,500.00
C100517	2010	CHEVROLET	3500 SILVERADO	1 at	\$74,890	\$8,000.00	\$58,636	\$3,000.00	\$1,500.00
C100974	2010	CHEVROLET	AVALANCHE	12 from	\$48,265	\$6,500.00	\$37,009	\$3,000.00	\$1,500.00
C100286	2010	CHEVROLET	AVEO	17 from	\$15,300	\$2,000.00	\$11,995	\$0.00	\$0.00
C100851	2010	CHEVROLET	CAMARO	9 from	\$30,105	\$0.00	\$27,903	\$750.00	\$1,500.00
C101091	2010	CHEVROLET	COBALT	177 from	\$17,310	\$4,300.00	\$12,488	\$0.00	\$0.00
C100392	2010	CHEVROLET	COLORADO	9 from	\$25,795	\$7,300.00	\$15,846	\$750.00	\$1,500.00
C100902	2010	CHEVROLET	CORVETTE	1 at	\$90,065	\$7,000.00	\$70,648	\$750.00	\$1,500.00
C100685	2010	CHEVROLET	EQUINOX	6 from	\$32,085	\$0.00	\$29,893	\$750.00	\$1,500.00
C100490	2010	CHEVROLET	HHR	6 from	\$23,820	\$1,500.00	\$19,695	\$750.00	\$1,500.00
C110010	2011	CHEVROLET	IMPALA	5 from	\$29,520	\$0.00	\$27,426	\$0.00	\$0.00
C100372	2010	CHEVROLET	1500	32 from	\$37,320	\$6,000.00	\$27,781	\$3,000.00	\$1,500.00
C110014	2011	CHEVROLET	MALIBU	12 from	\$26,390	\$0.00	\$25,057	\$0.00	\$0.00
C100842	2010	CHEVROLET	SUBURBAN	1 at	\$80,775	\$4,000.00	\$68,229	\$1,500.00	\$1,500.00
C101248	2010	CHEVROLET	TAHOE	1 at	\$75,470	\$6,000.00	\$61,579	\$1,500.00	\$1,500.00
C100919	2010	CHEVROLET	TRAVERSE	22 from	\$37,505	\$2,000.00	\$32,690	\$1,500.00	\$1,500.00
P100725	2010	GMC	1500 SIERRA	54 from	\$27,785	\$6,000.00	\$17,936	\$3,000.00	\$1,500.00
P110005	2011	GMC	2500 SIERRA	10 from	\$42,155	\$2,500.00	\$35,589	\$0.00	\$0.00
P100567	2010	GMC	ACADIA	10 from	\$39,905	\$2,000.00	\$34,860	\$1,500.00	\$1,500.00
P100218	2010	GMC	CANYON	9 from	\$25,385	\$7,300.00	\$15,646	\$750.00	\$1,500.00
P100733	2010	GMC	YUKON	4 from	\$71,855	\$4,000.00	\$60,177	\$1,500.00	\$1,500.00

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